

Ayurveda Physician on site  
Nutrition & Lifestyle Advice  
Massage and Treatments  
Panchakarma  
Kerala Kalari Massage  
Packages  
Shower on site  
Cards, UPI accepted



**Travellers'  
Choice™**

Working hours: Mo - Sun 8am - 6pm

Consultation with Dr. Karthik AS is available by prior appointment.



Book your treatment now by Call or WhatsApp:

 **+91 96339 22075, + 91 94469 82075**

email: **mail@prakruthiayurveda.com**

For more information please visit:

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# PRAKRUTHI AYURVEDA



<p><b>ABHYANGA</b></p> <p>50 min full body massage &amp; 10 min steam bath means 'oiling with loving hands' that's what it is If jet lag still haunts you, and you feel tired and exhausted then this is just what you need right now</p>	₹ 2000
<p><b>AYURVEDA REJUVENATION MASSAGE</b></p> <p>70 min full body massage &amp; 10 min steam bath soothing and invigorating strokes with firm pressure</p>	₹ 2500
<p><b>KERALA KALARI MASSAGE</b></p> <p>60 min full body massage &amp; 10 min steam bath deep tissue massage done by feet of a male masseur Kerala speciality '<i>Chavitti thirumal</i>'</p>	₹ 4000
<p><b>HEAD, FACE, SHOULDER &amp; BACK MASSAGE</b></p> <p>40 min oil massage reliefs all tension in the upper part of the body</p>	₹ 1200
<p><b>FOOT MASSAGE</b></p> <p>30 min intensive massage of your feet Not only will your feet be absolutely pampered, but also your entire body and nervous system will love it.</p>	₹ 800
<p><b>ABHYANGAM FOR KIDS</b></p> <p>40 min full body massage</p>	₹ 800

<p><b>AYURVEDIC BODY SCRUB</b></p> <p>45 min full body massage, 40 min body scrub &amp; 10 min steam bath</p>	₹ 3600
<p><b>SHIRODHARA</b></p> <p>40 min full body massage &amp; 30-45 min Shirodhara scalp and forehead are massaged with thin stream of medicated, lukewarm oil deeply calming and relaxing</p>	₹ 3500
<p><b>ELAKIZHI</b></p> <p>40 min full body massage &amp; 30 - 45 min Elakkizhi, 10 min steam bath special massage with warmed, herb-filled bags tones nerves, muscles, relieves chronic back pain</p>	₹ 3800
<p><b>NJAVARAKIZHI</b></p> <p>40 min full body massage &amp; 30 - 45 min Njavarakizhi treatment with warm bags filled with rice and herbal decoction dipped in milk, strengthening and nourishing</p>	₹ 3800
<p><b>UDVARTHANAM</b></p> <p>40 min massage with dry medicated powder indicated for weight loss, skin diseases, paralysis</p>	₹ 2500
<p><b>NASYA</b></p> <p>nasal application of some drops of herbal juice/oil followed by medicated steam indicated with headaches, sinusitis, neck problems</p>	₹ 400